Sample strengthening Exercise Routine:

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Warm up: Walking Forward

Walk forward in the pool. Make sure to stand up tall. You may walk with a water walker or push a water wheel chair to provide support. Walk for **5 to 8 minutes** at a comfortable pace.

Calf Stretch

Place your foot where the pool slopes upward so that your toes are higher you’re your heel. Lean forward. You should feel a gentle stretch in the back of your calf. Hold the position **30 seconds**, take a break and then repeat **for 30 seconds 2 times more.**

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Hamstring Stretch:

Place foot on step. Slowly lean forward, keeping back straight and bending at hips until a stretch is felt in back of leg. Hold the stretch for **30 seconds** then take a ten second **break** and **repeat once more**.

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Sideways walking

Face the pool wall. Take sideways steps with your body and toes facing the wall. **Take 10-20 steps in 1 direction and then return.**

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Mini-Squats: Holding on and facing the wall. Squat down like you would sit in chair part way. **Repeat ten times** and rest for **30 seconds**. **Repeat** this cycle **2x** more.

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4 way hip : Goal to strengthen your hips- hold onto the wall for balance

Repeat the following **cycle** **three times** with **each** leg (resting 30 seconds in between cycles):

**1 CYCLE consists 1 set in all 4 positions:**

Position 1: start standing with feet together cross one leg in front of the other return to standing with feet together: **repeat 10 times**

Position 2: start standing with feet together and kick one leg straight out in front of the other one: **repeat 10 times**

Position 3: Start standing with feet together and kick one leg out to the side: **repeat 10 times**

Position 4: Start standing with feet together and kick one out straight behind: **repeat 10 times**

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Heel Raise:

Holding onto the side of the pool. Raise yourself up on your toes: **repeat 10 times and take 30 seconds rest**. Then repeat the **cycle: of 10 repetitions** and **30 seconds rest 2 times** more.

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Alternating Bicep Curls with Paddle Resistance

Standing tall, arms at side and palms up alternate flexing your arm toward your shoulder against the water’s resistance. Perform **20 repetitions** and rest **for 30 seconds**. **Repeat** the **20 repetitions** and rest **2x more**.

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Horizontal Adduction/Abduction: standing in the water (if unstable can stand with back against the wall and lean against the wall.) Feet are shoulder width apart with knees slightly bent.

To increase the resistance hold pool dumbbells.

Repetition: start with arms on the surface of the water straight out to the side (T position) then bring arms together in front of you and return arms to staring T position. Perform **ten repetitions and rest 30 second**s. Repeat this **cycle 2x** more.



**Balance**: perform this near the side of the pool so that you can hold on if you loose your balance.

Option 1: noodle in front of you to hold with your hands on the water’s surface, feet together your side faces the side of the pool. **Hold 30 seconds. Repeat 2x more**.

Option 2: one foot in front of the other foot in a line (see photo bellow) **Hold 30 seconds. Repeat 2x more.**



Option 3: same as above but balance on one foot for 30 seconds.

warm down**: 5 minutes** of water walking getting slower and slower

References: Pictures from:

1. HEP2go. HEP2go exercise. https://www.hep2go.com/index\_b.php?userRef=gciaake. Accessed April 1, 2017.